

# MILWAUKEE COUNTY SENIOR DINING



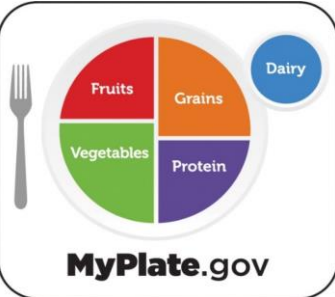



## INDIAN COUNCIL OF THE ELDERLY

944 N. 33<sup>rd</sup> STREET

FOR CURBSIDE PICKUP

# FEBRUARY



MONDAY	THURSDAY	FRIDAY
 	Ham Sandwich Potato Salad Carrot & Celery Sticks w/Ranch Dressing Juice Cookie	Stuffed Pepper <i>Ground Beef, Mexican Rice</i> <i>Black Beans, Corn, Cheese</i> Juice Baker's Choice
Roast Beef w/Potatoes, Carrots, Onions Gravy Dinner Roll Fruit Cup Cupcake	Egg Salad Croissant 3-Bean Salad Jello Cup Juice Cookie	Cheeseburger/Bun <i>w/Lettuce, Tomato, Onion, Pickle</i> French Fries Fruit Cup Cookie
<b>VALENTINE'S DAY</b> Surf & Turf Dinner Baked Potato Vegetable Medley Juice Chocolate Covered Strawberry	Grilled Cheese Sandwich Chicken Noodle Soup Garden Salad Juice Cookie	Hamburger Gravy Buttered Noodles Mixed Vegetables Wheat Bread Juice Baker's Choice
BBQ Chicken Potato Salad Baked Beans Dinner Roll Juice Baker's Choice	Turkey Sandwich on a Kaiser Roll Tomato Soup Fruit Cup Cookie	Pork Chop & Gravy Rice Green Beans Dinner Roll Baker's Choice
Lasagna Garden Salad w/Dressing Garlic Bread Fruit Cup Cupcake	<div>  <div> <h2>RESERVATIONS REQUIRED</h2> <p>24-Hour Notice</p> <h1>414-933-1401</h1> </div> <div> <p>Suggested Contribution</p> <p><b>\$3.00</b></p> <p>60+</p>  </div> </div>	

View Menus Online! [county.milwaukee.gov/aging/diningmenus](http://county.milwaukee.gov/aging/diningmenus) · Senior Dining Office: 414-289-6995

# Glaucoma

## What is it?

Glaucoma is a group of diseases that can damage the optic nerve. There are often no symptoms in its early stages. Left untreated, it can lead to vision loss & blindness.

Most common form: Primary open-angle



## What are the numbers?

**2.7 million people**  
in the U.S. have **glaucoma**



**50%**  
KNOW

**50%**  
DON'T KNOW

By **2030**,

**4.2 million people**  
in the U.S. will have **glaucoma**



## Who's at higher risk?

**African Americans 40+**

**Everyone 60+**  
especially **Mexican Americans**



**with a  
Family history of glaucoma**

## What to do?



**Get a comprehensive  
dilated eye exam  
every 1-2 years**

**Early detection and  
treatment can help  
save your sight**



## Where can I learn more?



**Visit**

<http://www.nei.nih.gov/glaucoma>

Source: National Eye Institute, 2013

## AFRICAN AMERICANS and Eye Health: Glaucoma

African Americans are at higher risk for certain eye diseases, which usually have no warning signs. Left untreated, they can cause vision loss, even blindness. But vision loss can often be prevented.

### GLAUCOMA

Glaucoma is a group of eye diseases that can damage the optic nerve. Glaucoma affects side or peripheral vision first. African Americans are at higher risk, starting at a younger age.



**How can  
you focus on  
your vision?**

If you are 40 or older,  
have a comprehensive  
dilated eye exam  
every 1 to 2  
years.

**MORE THAN  
520,000  
AFRICAN AMERICANS  
HAVE GLAUCOMA.**

**MAY EXCEED  
860,000  
BY 2030**

### HEALTHY VISION TIPS

Here are some lifestyle tips to help you focus on your vision.

**1** Get regular  
comprehensive  
dilated eye exams.

**5** Control your  
diabetes.

**2** Know your  
family's eye  
health history.

**6** Quit smoking  
or never start.

**3** Maintain a  
healthy weight.

**7** Wear sunglasses  
when outside.

**4** Eat a nutritious  
diet.

**8** Wear protective  
eyewear.

**For more information about eye health, visit  
[www.nei.nih.gov/glaucoma](http://www.nei.nih.gov/glaucoma)**



National Eye Institute



National Eye Health  
Education Program  
A program of the National  
Institutes of Health